

# Apple and Honey Pie

Makes 12 servings

## Ingredients:

### OLIVE OIL CRUST

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2/3 cups extra virgin olive oil

2 1/2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon baking powder

1/2 cup ice water

1 tablespoon balsamic vinegar

### APPLES AND HONEY FILLING

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5 or 6 apples, peeled, cored and sliced

3 tablespoons sugar or Splenda

2 tablespoons honey

1 1/2 tablespoons all-purpose flour

1 tablespoon lemon juice

1/4 teaspoon cinnamon

## Directions:

To make crust: Put olive oil in an ice cube tray and place in freezer until firm. Combine all ingredients in a food processor until a smooth ball forms. Refrigerate for one hour. Preheat oven to 350 degrees F. Roll out dough as you would standard pie crust. Place in a 9-inch pie pan, and bake for 7 to 10 minutes to set crust for filling.

To make filling: Combine all ingredients in a large bowl. Pour filling into prepared crust and bake at 350 degrees F for 30 to 45 minutes, or until crust is golden brown and apples are tender.

**Nutrition information:** 255 calories, 3 g protein, 34 g carbohydrate, 12 g fat (2 g saturated fat), 1 g fiber, 129 mg sodium

# Citrus Meringue Pie

Makes 12 servings

## Ingredients:

### WHOLE WHEAT PIE CRUST

1 1/2 cups whole wheat flour  
1/2 teaspoon salt  
1 tablespoon cold, fat-free milk  
1/2 cup canola oil  
1 tablespoon honey

### CITRUS CURD

3/4 cup sugar  
1/2 cup fresh lemon juice  
1/4 cup fresh orange juice  
3 whole eggs  
3 egg whites  
Zest of 1/2 each: lemon, orange, lime  
Pinch of salt

### MERINGUE

4 egg whites  
Pinch of cream of tartar  
2 tablespoons sugar  
1/2 teaspoon vanilla extract

## Directions:

**To make the crust:** Preheat oven to 375 degrees F. Mix flour and salt in an electric mixer on low speed. Add the rest of the ingredients and keep mixing until everything comes together, about 2 minutes. Lightly spray a 9-inch pie pan with cooking spray, and using your fingers, press the dough into a shell evenly around the pan. Chill in the refrigerator 30 minutes, and bake for 10 to 12 minutes, until golden brown. Allow to cool to room temperature.

**To make the filling:** In a heat-safe bowl, whisk the juices, sugar, whole eggs and egg whites until the sugar has completely dissolved, about 2 minutes.

Place this bowl over a pot of boiling water and whisk constantly until very thick, about 9 minutes. Use caution to not let the mixture bubble up, leading to scrambled eggs. Remove from heat and cool for about 10 minutes. Strain and fold in the zests and salt. Pour over prepared crust.

**To make the meringue:** Set oven to 400 degrees F. Place egg whites and cream of tartar in the bowl of a stand mixer fitted with the whisk attachment. Beat egg whites until soft peaks form, and then gradually add sugar and continue beating until stiff peaks form, approximately 1 to 2 minutes. Spoon onto citrus filling, making sure to spread to the edges. Bake 6 to 8 minutes or until meringue is light brown. Remove from the oven and let cool for about 10 minutes. Place the pie in the refrigerator until ready to serve.

**Nutrition information:** 227 calories, 6 g protein, 29 g carbohydrate, 11 g fat(1 g saturated fat), 2 g fiber, 160 mg sodium

# Peanut Butter Yogurt Pie

Serves 10 | Prep time: 10 minutes

## Ingredients:

32 ounces vanilla Greek yogurt

3/4 cup smooth peanut butter

9-inch prepared crust of your choice (such as Oreo or graham cracker)

## Directions:

In a large mixing bowl, stir the yogurt and peanut butter with a wire whisk until blended. Spread into the pie shell. Chill the pie overnight (the pie will be thicker the longer it is chilled). Serve with chopped peanut butter cups or whipped cream, if desired.

**Nutrition information:** 270 calories, 14 g fat (3 g saturated fat), 22 g carbohydrate (14 g sugar, 2 g fiber), 14 g protein

# Pumpkin Pecan Pie

Note: This treat is best served at room temperature or cold. Factor in lots of cooling-down time before serving.

Makes 12 servings

## Ingredients:

### CRUST

2 cups low-fat graham crackers  
1/2 cup melted butter

### PUMPKIN CHEESECAKE FILLING

4 ounces low-fat cream cheese  
3 tablespoons maple syrup  
1 tablespoon Splenda  
4 egg whites  
1/2 cup canned pumpkin purée  
1/2 teaspoon cinnamon  
1/8 teaspoon ground nutmeg  
Pinch of salt

### PECAN FILLING

1 large egg  
1/2 cup agave syrup (such as  
Wholesome Sweeteners, available at  
health food stores)  
1/2 tablespoon maple syrup  
2 tablespoons Splenda  
2 tablespoons almond flour  
1/4 teaspoon salt  
1/2 teaspoon bourbon  
3/4 cup chopped toasted pecans

## Directions:

To make crust: Preheat the oven to 325 degrees F. Put the cookies into a plastic bag, and with a rolling pin, crush them until fine. Place them into a medium bowl. Melt butter and pour it over the cookie crumbs. Mix it well with a spoon until all the crumbs are coated completely with butter. Press the crumbs over the bottom and up the sides of a 9-inch pie pan. Bake until golden brown, about 15 to 20 minutes. Let crust cool completely.

To make pumpkin filling: Place low-fat cream cheese in a mixing bowl with a paddle attachment. Add the Splenda and maple syrup. Cream the mixture well, until very smooth. Add the pumpkin purée with the spices and salt. Mix until smooth, scraping the sides of the bowl well. With the mixer on low speed, add the eggs. Mix just until incorporated. Pour into the pan and place in the freezer. Allow it to freeze so it is just firm to the touch. That way you can pour the pecan mixture on top, and it will remain as two layers.

To make pecan filling: Set oven to 350 degrees F. In a large bowl, combine all ingredients and whisk well. Pour the filling onto the frozen pumpkin filling and place it in the oven. Bake the pie in the oven for 20 minutes, and then rotate. Cook for another 20 to 25 minutes, until set. Then set the timer for another 20 to 25 minutes. The pie is cooked if the filling does not move when jiggled. Allow the pie to cool completely before serving.

**Nutrition information: 279 calories, 5 g protein, 31 g carbohydrate, 16 g fat (6 g saturated fat), 2 g fiber, 277 mg sodium**